


Crunchy Bonzo Beans

Ingredients	For 105 Servings		Directions
	Weight	Measure	
Beans, garbanzo, canned		1 ³ / ₄ Gal.	<p>Pre-heat oven to 400°.</p> <p>2. Open cans of beans, drain, and rinse beans well under cool running water.</p> <p>3. Drain beans well and pat dry with towel.</p> <p>4. Mix vegetable oil and the remaining seasonings in a bowl.</p> <p>5. Add the beans and coat well. Pour them on the sheet pan and spread the beans out evenly.</p> <p>6. Bake for 20 minutes at 400°. Stir the beans around on the pan and bake for another 20 to 25 minutes until crisp and roasted. Beans will turn dark in color.</p> <p>Notes:</p> <ul style="list-style-type: none"> • 1 #10 can fits perfectly on a sheet pan. • Store at room temperature in an air tight container.
Oil, vegetable		1 ¹ / ₂ Cup	
Paprika		2 ¹ / ₂ Tbsp.	
Garlic Powder		2 Tbsp.	
Onion Powder		3 Tbsp.	
Pepper, black, whole		1 ¹ / ₂ Tbsp.	
			

Serving Size: Yield: 105 servings, 25 cups

Nutrition Analysis: Serving Size: ¹/₄ cup

Calories: 100

Calories from Fat: 32%

Total Fat: 3.87 g

Saturated Fat: 0.5 g

Trans Fat: 0 g

Cholesterol: 0 mg

Sodium: 75 mg

Total Carbohydrate: 15 g

Dietary Fiber: 3 g

Sugars: 0 g

Protein: 3.25 g

Vitamin A: 97 IU

Vitamin C: 2.50 mg

Calcium: 22 mg

Iron: 0.93 mg